

**EFFORTLESS
MINDFULNESS:**

SEEING WITH THE EYES OF THE HEART

Session Five

MEDITATION

Mindfulness and Four Somatic Markers:

Deliberate Mindfulness: Grounding and Aligning

Effortless Mindfulness: Spaciousness and Open-Heartedness

SPIRITUAL BY-PASSING

The “Witness Protection Program”

The first You Turn of *Turning and Looking*, without the
second You Turn of *Tuning In and Relaxing*

The Human Condition: *Dukkha, Tanha, Nirvana, Marga*

Reactivity, Grasping, Liberation, Path

A MAP OF THE PSYCHE

Jay Earley, *Self-Therapy*

Internal Family Systems (IFS)

Protectors

Exiles

Self

PROTECTOR PARTS

React to situations that cause you pain, shame, fear, or grief

Examples: the Avoider, the Accomplisher, the Judge, the Distractor, the Procrastinator, the Skeptic, the Confuser, the Intellectual, the Defensive Part, the Anger part, the Impatient part, the Shy part, the Hurrying part, the Arrogant part, the Disdainful part, the Self-effacing part, the Withdrawn part, the Inadequate part

Remember: all parts are trying to help. There are no “bad” parts.

WORKING WITH A PROTECTOR

For example, a Rushing, Hurrying Part

Letting it speak about its experience

Noticing the “felt sense,” the bodily experience of the
Protector

This is *Unhooking and Stepping Back*.

EXILES

- Exiles carry vulnerable emotions, such as shame, fear, sadness, or hurt
- Exiles carry burdens, painful feelings or beliefs about oneself or the world.
- Examples of Exiles: an Insecure part, a Scared part, a Shamed part, an Angry part, a Needy part, a Hurt Part, a Loving part

WORKING WITH AN EXILE

For example, a Scared Part

Letting it speak about its experience

Noticing the “felt sense,” the bodily experience of the Exile

This is *Unhooking and Stepping Back*.

SELF

Self (or Knowing) is not efforting (effortless mindfulness).

Knowing is effortless Presence.

Self (or Knowing) has qualities of calmness, clarity, compassion, curiosity, confidence, courage, creativity, and connectedness.

We access Self by *Turning and Looking* at what is looking.

ACCESSING PARTS

Through Image, Body Sensation, Voice, Emotion

What does this part (he, she, it) want you to know?

How do you feel toward this part?

How does this part like its role?

UN-BLENDING

Un-blending is *Unhooking and Stepping Back*.

Turning and Looking is being in Self (or Knowing).

Tuning In and Relaxing is unburdening the Protector or Exile. This is “mixing” the felt sense of the Protector or Exile with Awakened, Open-Hearted Awareness.

UNBURDENING

When Protector parts and Exiles are unblended and held in Self (or Knowing), they can unburden themselves of their roles and their pain and limiting beliefs.

RITUAL UNBURDENING

Rituals can be powerfully healing.

Imaginatively, or literally ritually releasing the burden(s) of
Protectors and Exiles to:

Light ... Wind ... Water ... Earth ... or Fire

RUPERT SPIRA

“Our Self — luminous, empty Awareness — knows no resistance, and is therefore, Peace itself; it seeks nothing, and is, thus, Happiness; it is intimately one with all appearances and is, as such, pure Love.”

AN EXAMPLE

Jeff Foster: “How I Became a Warrior”